



HEALTHIER | *Richmond*

Richmond City Health District Newsletter

WORKING TOGETHER FOR A HEALTHIER RICHMOND

National Public Health Week



A Healthier America: ONE COMMUNITY AT A TIME

April 5 - 11, 2010

For more than a decade, communities around the country have celebrated National Public Health Week (NPHW) each April to help protect and improve our nation's health. This year, NPHW 2010 will focus on the special role communities play in building a healthier America.

The NPHW 2010 theme is **"A Healthier America: One Community at a Time."** We are asking everyone to champion public health by making healthy changes-big and small-in their families, individual neighborhood, workplaces and schools.

If every one of us commits to promoting good health in our communities, we can create a ripple effect from coast to coast. Through just one neighborhood that makes its public parks accessible, one municipality that launches a bike-helmet safety program, one group of people who join together to bring fresh foods to school, or one health center that offers a vaccination program, we can create a collage of public health successes across the country.

Block by block, let's find these small changes and make them in our communities. The only way to become a healthier nation is to create healthier communities. Join the American Public Health Association, Virginia Department of Health, and Richmond City Health District during National Public Health Week 2010 as we work together for a healthier Richmond and healthy America.

Take steps everyday to live a safe and healthy Life:

Eat healthy

- Eat a variety of fruits, vegetables and whole grains every day
- Limit foods and drinks high in calories, sugar, salt, fat, alcohol and high fructose corn syrup

Be Active

- Be active for at least 30 minutes most days of the week. Include activities that raise your breathing and heart rates, and that strengthen your muscles.
- Help kids and teens be active for at least 1 hr. a day

Protect yourself

- Wash hands to stop the spread of germs
- Avoid smoking and breathing other people's smoke
- Wear bike helmets, seat belts, sunscreen and insect repellent
- If you're sexually active, protect yourself from infections; don't take risks

Get checkups

- Find out what exams, tests, and shots you need and when to get them
- Learn to reduce your risks for health problems based on your lifestyle and family history

May is National Teen Pregnancy Prevention Month



Teens: take the quiz - May 5

by Gale E. Grant, Adolescent Health Coordinator

The Richmond Health District Adolescent Health Program encourages Richmond teens to participate in the National Day to Prevent Teen Pregnancy Awareness promotion on May 5. Teens nationwide are being asked to visit the internet at **www.StayTeen.org** to take a short scenario-based "quiz" that asks young people what they would do in a number of risky situations. The purpose of the National Day quiz is to focus the attention of teens on the importance of avoiding early pregnancy and parenthood.

Organized by the National Campaign to Prevent Teen and Unplanned Pregnancy, this is the ninth year for this nationwide event. The message is straightforward: Sex has consequences. The on-line quiz (available in English and Spanish) delivers this message directly to teens and challenges them to think carefully about what they might do **"in the moment."**

Visit the [RCHD Adolescent Health website](http://www.RCHDAdolescentHealth.org) or call 205-3901.



www.vdh.virginia.gov/LHD/richmondcity/richmondcampaign

www.vdh.virginia.gov

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Parents: get Tdap vaccinations now for children who will enter sixth grade next school season. Don't wait too late.

STD Awareness Month - April 2010

April is National STD Awareness Month, and the Richmond City Health District is participating in numerous activities to educate citizens, and promote awareness and prevention of sexually transmitted infections. There are over 19 million new cases of STD infection every year in the U.S., but with symptoms not always noticeable, many people don't know they're infected and unknowingly pass it along to other partners. That's why regular testing for STD's and HIV is so important as well as safe-sex practices.

Do you know there are twenty five (25) different sexually transmitted infections? Do you know that every nine minutes there is a new case of HIV diagnosed in the United States? Do you know the most prevalent reported sexually transmitted infections in the Richmond area include Chlamydia, Gonorrhea, HIV and Syphilis?

The RCHD Clinical Services facility offers screening and counseling Mondays, Wednesdays, and Fridays, 8 AM - 12 noon and 1 - 5 PM first-come-first served at 400 E. Cary Street (front entrance is on Main Street). Call 482-5500 for information. To request a presentation, onsite STI screening or information, call 205-3751.

STI testing is also available at other service providers throughout the region. Visit the VDH website at www.vdh.virginia.gov for more information.

National HIV TESTING Day - JUNE 27

National HIV Testing Day is an annual event that raises awareness of the importance of knowing one's HIV status and encourages taking an HIV test. HIV testing enables people to take steps to protect their own health and that of their partners. HIV Testing Day also seeks to help people with HIV get the information they need for treatment. Visit www.cdc.gov/hiv/nhtd.htm for information.

To find out where you can get tested anywhere in Virginia, contact your local public health department or call the VDH HIV/STD/Viral Hepatitis Hotline at 1-800-533-4148.

Richmond Smiles Dental Van: Now at Bon Secours Richmond Community Hospital

Bon Secours Richmond Community Hospital is the newest service site for the Richmond Smiles Dental Van which provides free dental care for Richmonders without dental insurance. **Visit us at our other locations:**

St. Paul's Church-South, Richmond Health District Office; Hotchkiss Community Center; St. Augustine Church; Ramsey Memorial Church.

Monthly schedules are available on the Richmond Health District website. Call **381-2624** for information.



National Infant Immunization Week: April 24-May 1, 2010

Immunizations are the best way to prevent many serious and life-threatening diseases. National Infant Immunization Week is an annual observance during the last week of April to promote the benefits of immunization and to focus on the importance of immunizing infants against vaccine-preventable disease by age two.

The Richmond Health District immunization clinic at 400 E. Cary Street, provides immunization services Tuesdays 1:00 - 5:00 PM and Fridays: 8:00 - noon. For information and appointments, call **482-5500**.

Fairfield Resource Center Reaches out to residents

Since opening in November 2009, the Fairfield Resource Center, established in a joint partnership between the Richmond



Redevelopment & Housing Authority and Richmond City Health District, continues to expand services for residents of Fairfield Court. The Resource Center partners with a variety of community organiza-

tions including Fan Free Clinic, Minority Health Consortium, Richmond Public Schools, Boleman Law Firm, and Clear Vision to provide a wide range of services.

"We really focus on educating the community about their health and connecting residents to local health care providers and other partnering organizations" says Amy Popovich, public health nurse for the Resource Center. "It's great to have this clinic in the neighborhood," says Valerie Smith, a resident of Fairfield Court. "We can just walk out of our front door and down the street and get the help we need."

The Fairfield Resource Center is gearing up for Spring by establishing a community garden. In addition, a second Resource Center site at Whitcomb Court is slated to open this Spring. The staff of the Resource Center thanks everyone who helped ensure it's success and looks forward to future partnerships and growth.

New EPA Regulation for Renovators of properties with lead-based paint



Effective April 22, renovation/repair affecting paint in more than 6 sq. ft. of pre-1978 constructed properties frequented by or housing children must be performed by a certified renovator. Lead-based paint which was widely used prior to 1978 is a lead poison hazard for children. Lead poisoning can cause neurological damage and developmental problems. Contact the Lead Safe Richmond Program for information on lead poisoning and Lead Renovator training. Also visit the EPA website at www.EPA.gov/lead.

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